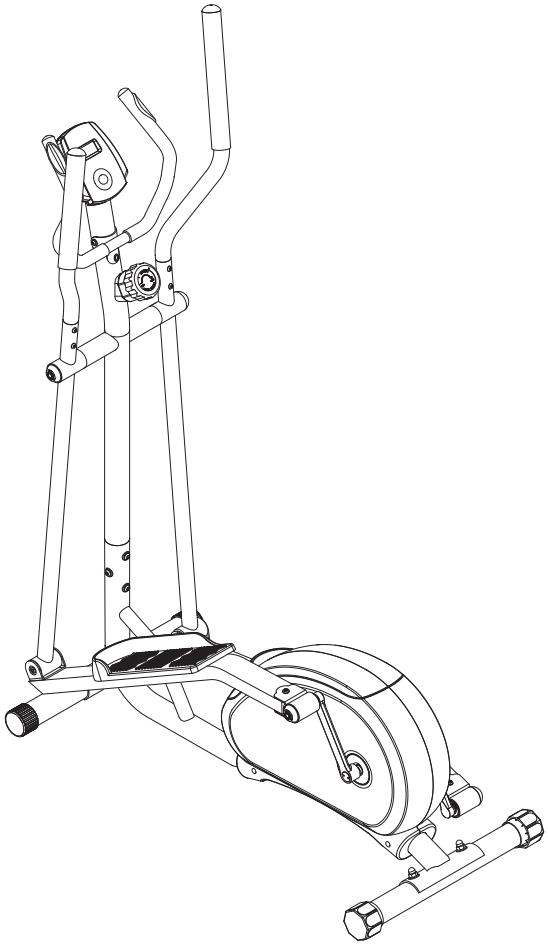
AVARI® FITNESS

Magnetic Elliptical

Owner's Manual



Product May Vary Slightly From Pictured.

CAUTION:
Weight on this product should not exceed 250 lbs.

This Product is Distributed Exclusively by

STAMINA® PRODUCTS, INC.

2040 N. Alliance, Springfield, MO 65803
Customer Service
1 (800) 375-7520
www.staminaproducts.com

⚠ WARNING

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number:

Model#: A550-090

STAMINA PRODUCTS
MADE IN CHINA

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2012, 08

TABLE OF CONTENTS

Safety Instructions 2
Before You Begin 4
Equipment Warning, Caution & Notice Labels ... 5
Hardware Identification Chart 6
Assembly Instructions 7
Set Up Instructions 12
Operational Instructions 13
Storage 15
Maintenance 15
Conditioning Guidelines 16
Warm-Up and Cool-Down 17
Product Parts Drawing 18
Parts List 19
Warranty 21
Notes 22
Fax/Mail Ordering Form 23

SAFETY INSTRUCTIONS

⚠ WARNING **This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.**

⚠ WARNING **Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.**

⚠ WARNING **To reduce the risk of serious injury, read the following Safety Instructions before using the AVARI® Magnetic Elliptical.**

1. Read all warnings and cautions posted on the **AVARI® Magnetic Elliptical.**
2. The **AVARI® Magnetic Elliptical** should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **AVARI® Magnetic Elliptical.** Do not allow children to use or play on the **AVARI® Magnetic Elliptical.** Keep children and pets away from the **AVARI® Magnetic Elliptical** when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the **AVARI® Magnetic Elliptical** on a solid level surface. Do not position the **AVARI® Magnetic Elliptical** on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the **AVARI® Magnetic Elliptical.**
8. Adjust the Leveling Caps(18) on the Rear Stabilizer(77) so that the **AVARI® Magnetic Elliptical** sits on the floor without rocking.
9. Before using, inspect the **AVARI® Magnetic Elliptical** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
12. Do not wear loose or dangling clothing while using the **AVARI® Magnetic Elliptical.**
13. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
14. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **AVARI® Magnetic Elliptical,** loss of balance may result in a fall and serious bodily injury. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
15. The **AVARI® Magnetic Elliptical** is not equipped with a free-wheel. Pedal speed should be reduced in a controlled manner.
16. The **AVARI® Magnetic Elliptical** should not be used by persons weighing over 250 pounds.
17. The **AVARI® Magnetic Elliptical** should be used by only one person at a time.
18. The **AVARI® Magnetic Elliptical** is for consumer use only. It is not for use in public or semipublic facilities.

Call Us First

Customer Service

1 (800) 375-7520

www.staminaproducts.com

THANK YOU FOR PURCHASING THE AVARI® Magnetic Elliptical

To enact your warranty, please register your product by going to register.staminaproducts.com

To help you get started, we have pre-assembled most of your AVARI® Magnetic Elliptical at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions, please call our Customer Service Department toll-free number,
1 (800) 375-7520
Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.
Friday, 8:00 A.M. - 3:00 P.M., Central Time.

ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com

TELEPHONE
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FAX
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MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

BEFORE YOU BEGIN

Thank you for choosing the **AVARI® Magnetic Elliptical.** We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **AVARI® Magnetic Elliptical** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

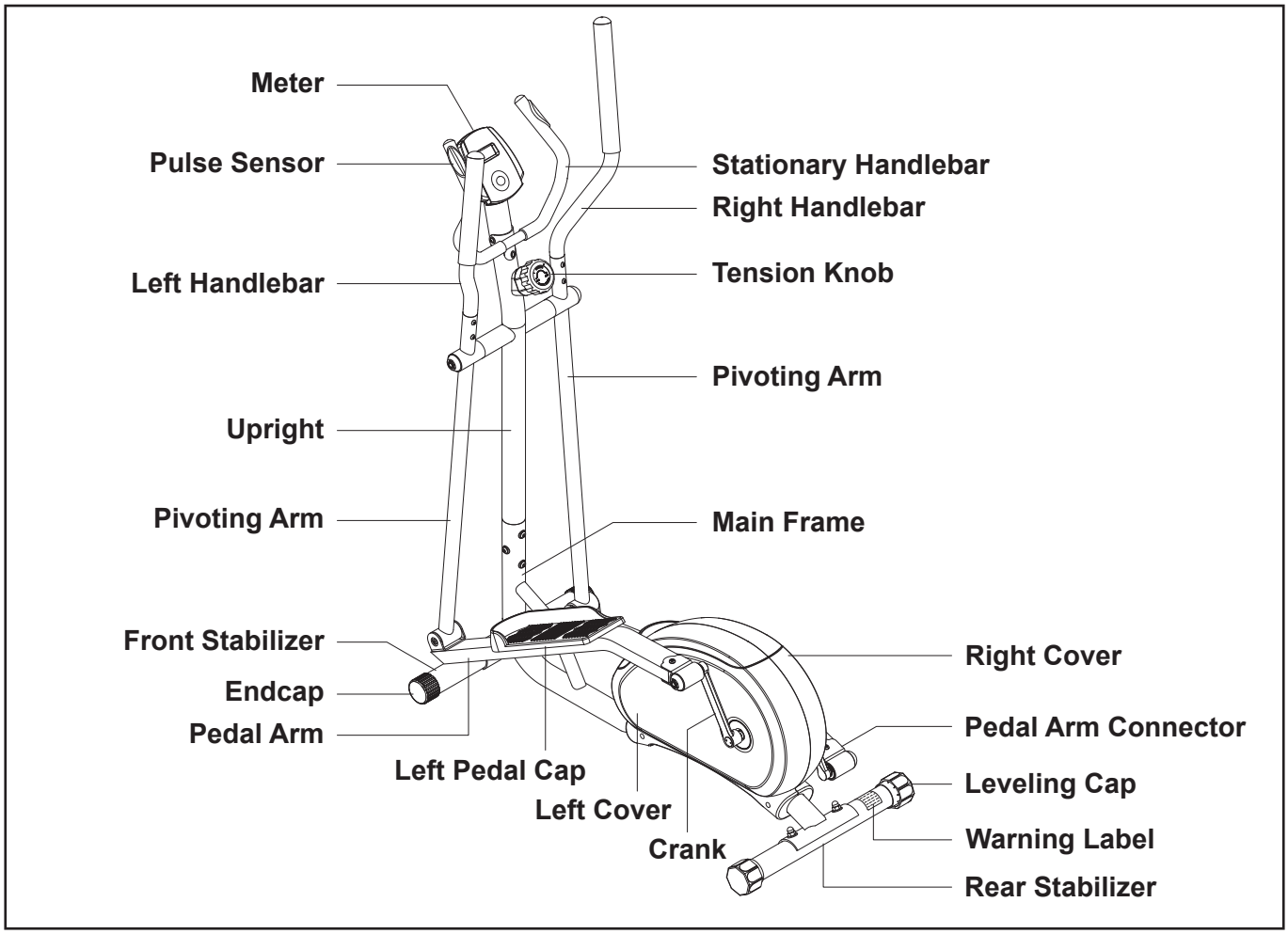
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **AVARI® Magnetic Elliptical.**

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **AVARI® Magnetic Elliptical,** please do not return the product. Contact us FIRST!

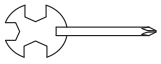
If a part is missing or defective, please go to staminaproducts.com under the Service section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :

Wrench


Combination Wrench

Allen Wrench (6mm)

Allen Wrench (8mm)

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **AVARI® Magnetic Elliptical.** Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

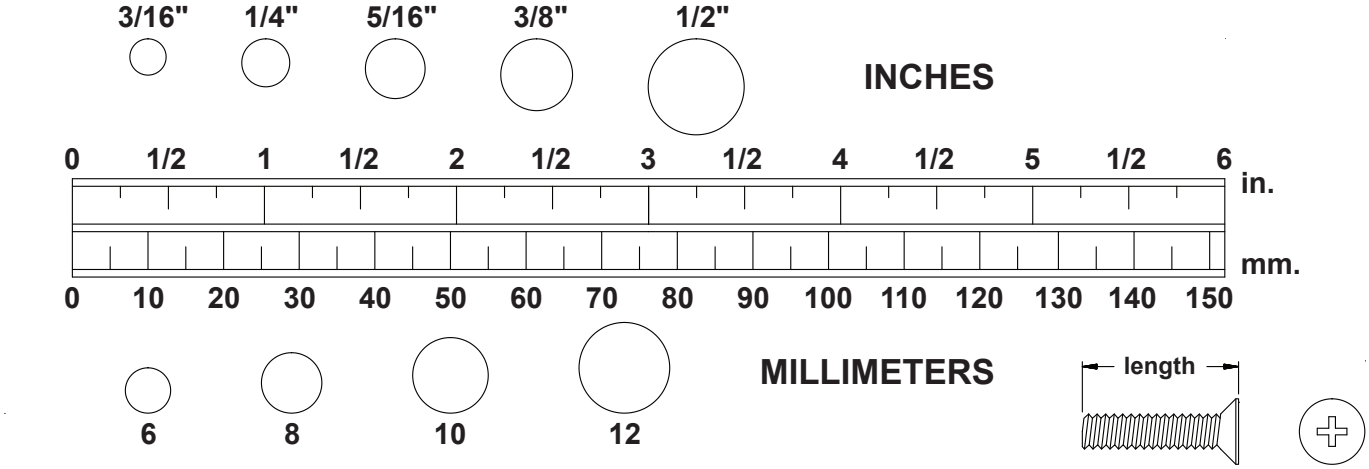
Label is larger than actual size

W1 **WARNING LABEL(78)**

WARNING
Failure to follow all warnings and instructions could result in serious injury or death. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product. Replace this warning label if damaged, illegible, or removed.
Keep others including children & pets away from equipment when in use.
Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health condition. Always make sure all nuts and bolts are securely tightened before using this product. This product should not be used by persons weighing more than 250 lbs. unless otherwise stated in your Owner's Manual.

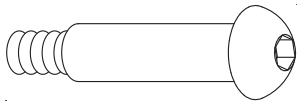
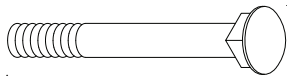
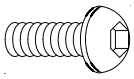
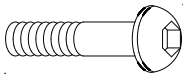
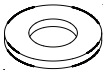
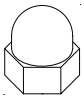
HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description		Qty
	13	Shoulder Bolt (ø15.9x77mm, M10x1.5 threaded)	2
	19	Carriage Bolt (M8 x 1.25 x 60mm)	4
	55	Bolt, Button Head (M8 x 1.25 x 25mm)	6
	67	Bolt, Button Head (M8 x 1.25 x 15mm)	3
	62	Bolt, Button Head (M6 x 1 x 40mm)	4
	63	Bolt, Button Head (M8 x 1.25 x 45mm)	4
	37	Arc Washer (M8)	6
	46	Washer (ø10 x ø19 x 2mm thick)	2
	60	Washer (M10 x ø21 x 1.5mm thick)	2
	68	Washer (M8)	7
	57	Acorn Nut (M8 x 1.25)	4
	33	Nylock Nut (M6 x 1)	4
	47	Nylock Nut (M10 x 1.5)	4
	72	Thin Nylock Nut (M8 x 1.25 x 6mm thick)	4

ASSEMBLY INSTRUCTIONS

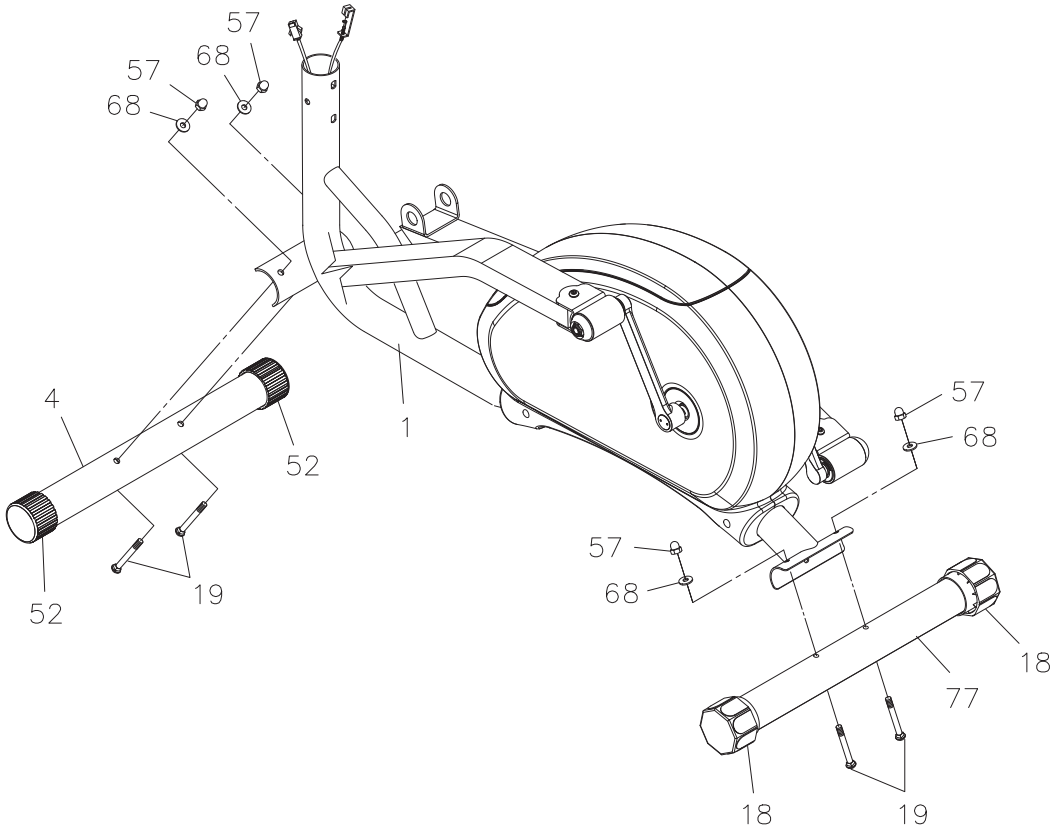
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to staminaproducts.com under the Service section and order the part needed, e-mail us at customerservice@staminaproducts.com, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

STEP 1

Attach the **FRONT STABILIZER(4),** the shorter stabilizer with the **ENDCAPS(52)**, to the front of the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x60mm)(19), WASHERS(M8)(68),** and **ACORN NUTS(M8x1.25)(57).**

STEP 2

Attach the **REAR STABILIZER(77),** the stabilizer with the **LEVELING CAPS(18),** to the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x60mm)(19), WASHERS(M8)(68),** and **ACORN NUTS(M8x1.25)(57).**
NOTE: You can adjust the **LEVELING CAPS(18)** on the **REAR STABILIZER(77)** to keep the **AVARI® Magnetic Elliptical** stable.

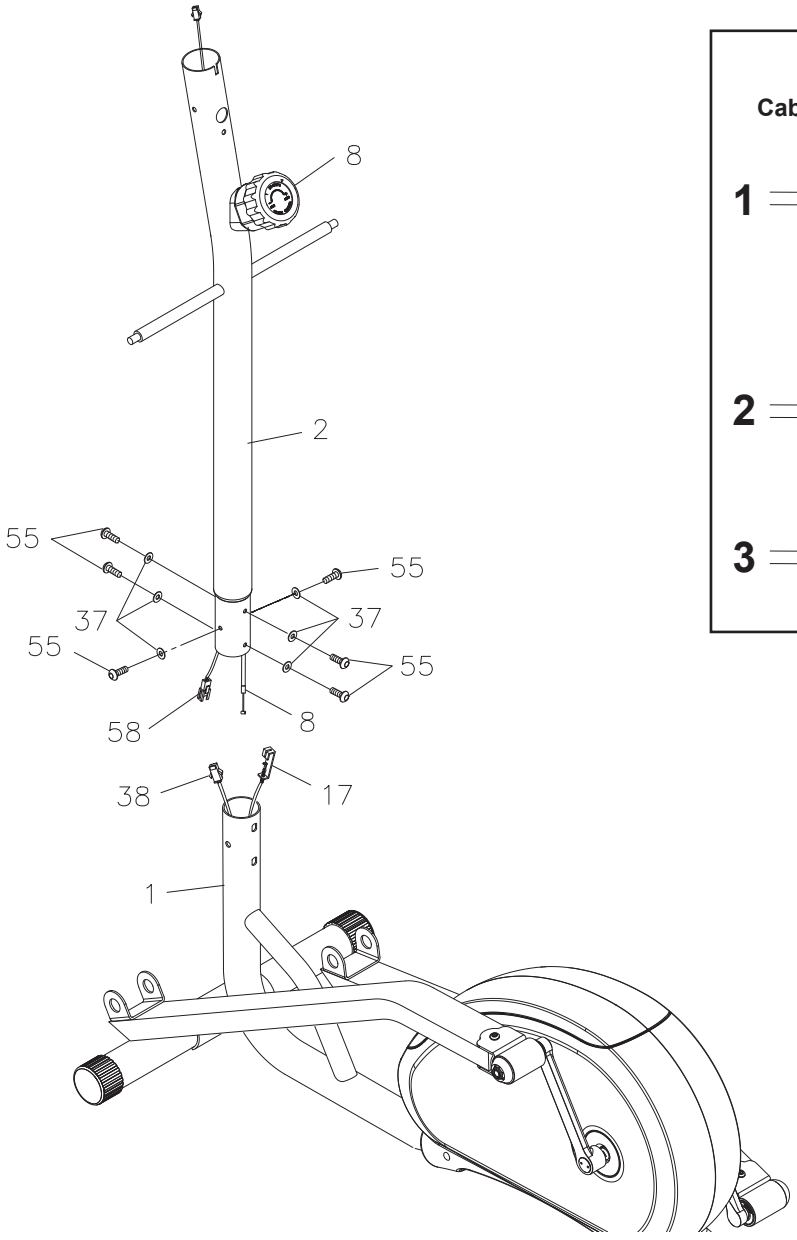


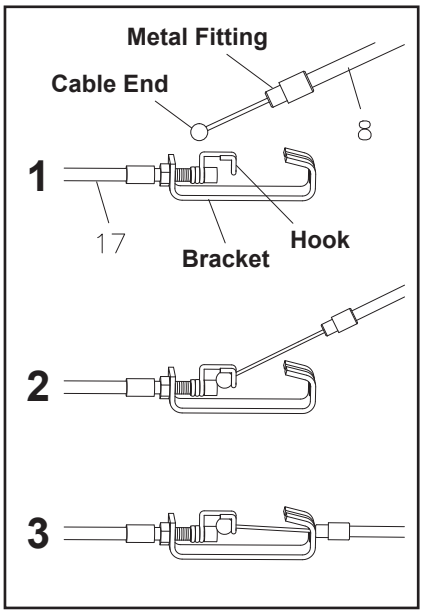
ASSEMBLY INSTRUCTIONS

STEP 3

Refer to the inset drawing and the illustration below to connect the **TENSION KNOB(8)** to the **TENSION CABLE(17)** and assemble the **UPRIGHT(2):**

1. Set the **TENSION KNOB(8)** at position **"8",** so the **CABLE END** extends out of the **METAL FITTING** as far as possible. Connect the **CABLE END** of the **TENSION KNOB(8)** to the **HOOK** on the end of the **TENSION CABLE(17).**
2. Pull on the Cable of the **TENSION KNOB(8)** firmly so that enough cable is available to allow the **METAL FITTING** to go through the slot in the top of the **BRACKET.**
3. Insert the **METAL FITTING** into the hole at the end of the slot in the **BRACKET.**
4. Adjust the **TENSION KNOB(8)** and verify that the **HOOK** moves when the **TENSION KNOB(8)** is adjusted.
5. Connect the **EXTENSION WIRE(58)** to the **SENSOR WIRE(38).**
6. Insert the **UPRIGHT(2)** into the **MAIN FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8x1.25x25mm) (55)** and **ARC WASHERS(M8)(37).**





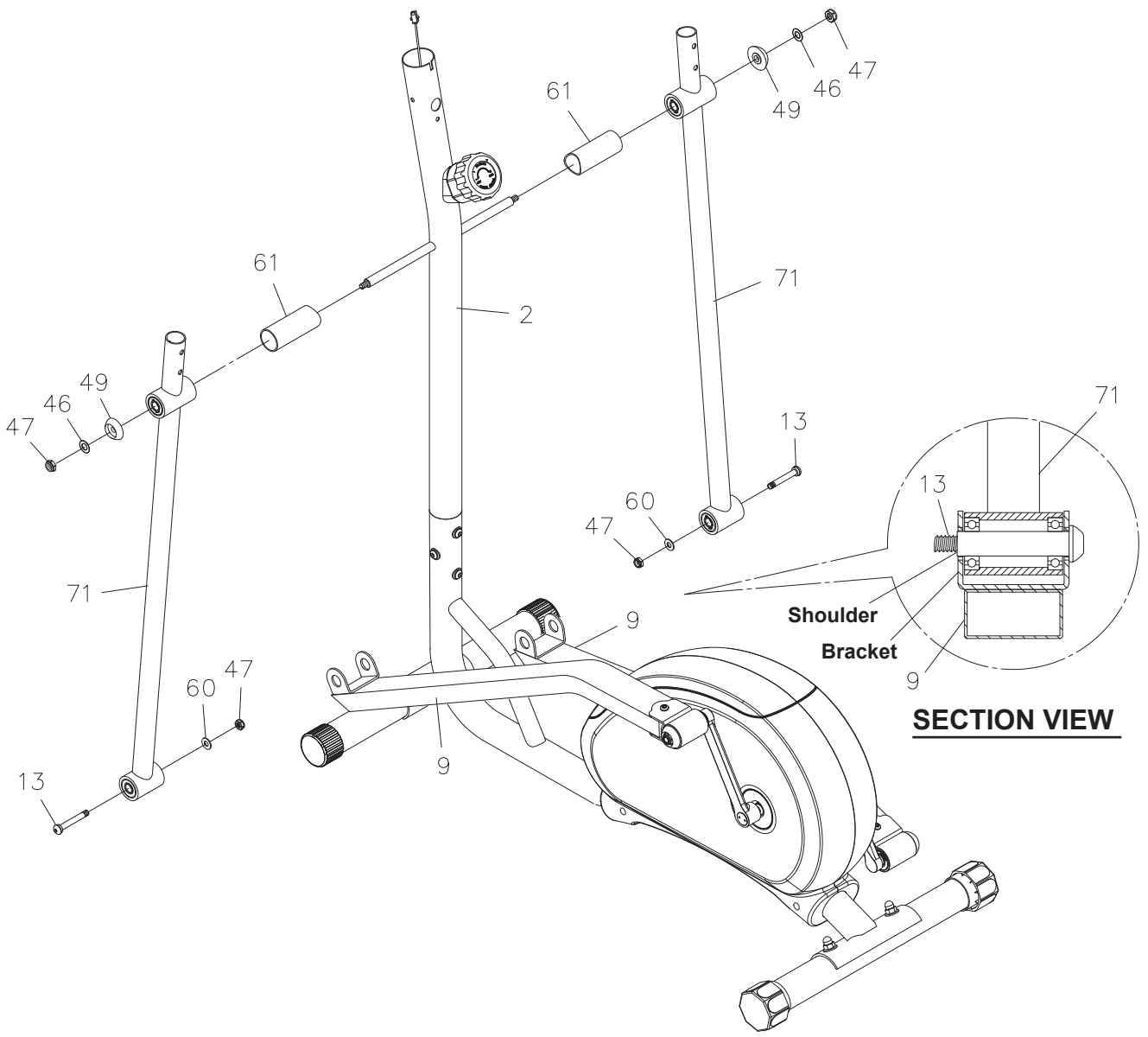
ASSEMBLY INSTRUCTIONS

STEP 4

Place a **SPACER(61)** on each side of the **SHAFT** on the **UPRIGHT(2).** Slide the **PIVOTING ARMS(71)** onto the **SHAFT** on the **UPRIGHT(2)** on both sides and secure with **SECURING CAPS(49), WASHERS (ø10xø19x2mm thick)(46),** and **NYLOCK NUTS(M10x1.5)(47).**

STEP 5

Slide the lower end of the **PIVOTING ARM(71)** into the bracket on the **PEDAL ARM(9),** and secure with the **SHOULDER BOLT(ø15.9x77mm, M10x1.5 threaded)(13), WASHER(M10xø21x1.5mm thick)(60),** and **NYLOCK NUT(M10x1.5)(47).** Refer to the Section View. Make sure the shoulder of the **SHOULDER BOLT(ø15.9x77mm, M10x1.5 threaded)(13)** is fully gone through the holes of the bracket on the **PEDAL ARM(9)** before tightening the **NYLOCK NUT(M10x1.5)(47).** Repeat to attach the opposite side.



ASSEMBLY INSTRUCTIONS

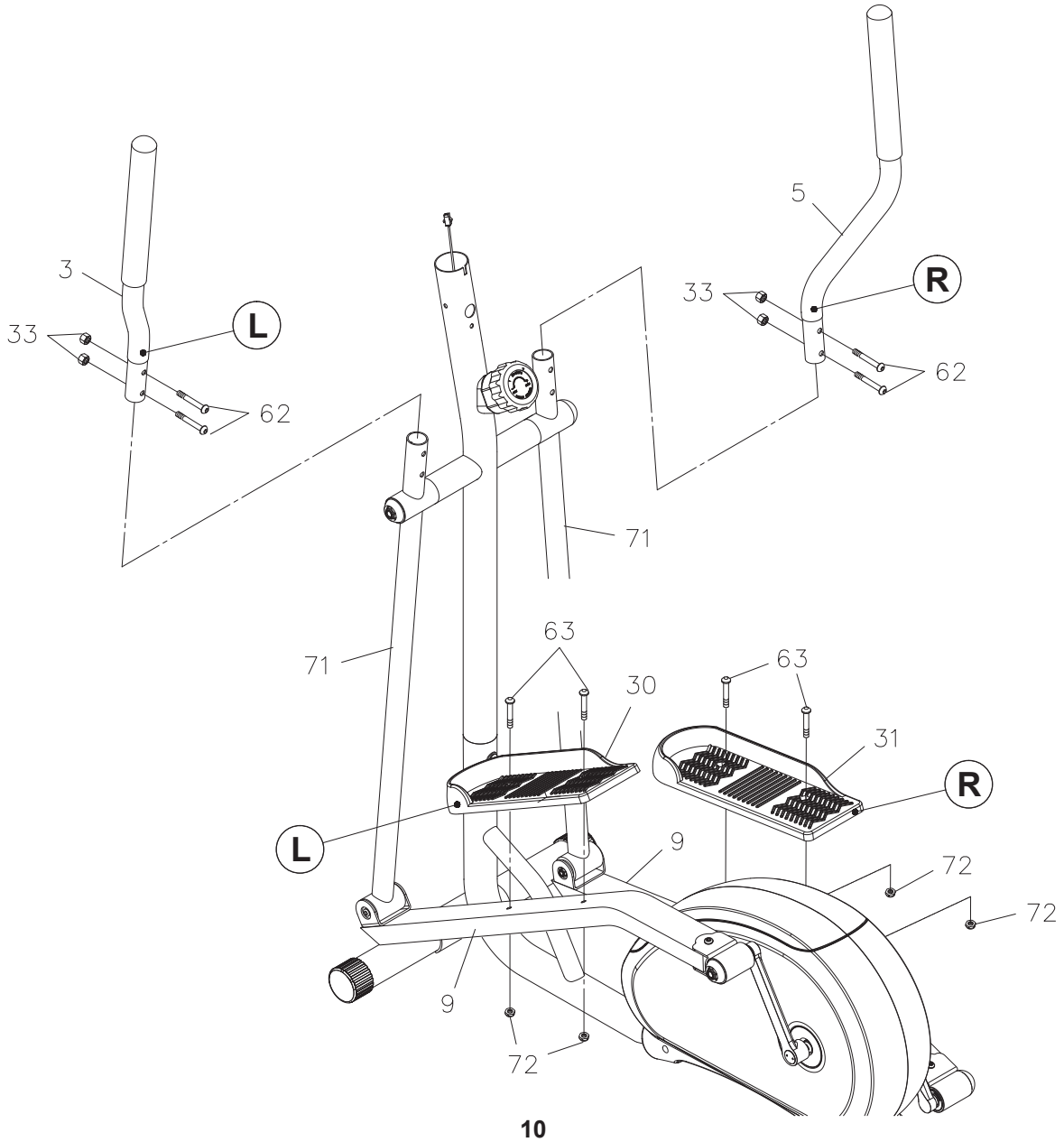
STEP 6

There is a **"L"** decal on the **LEFT HANDLEBAR(3),** and a **"R"** decal on the **RIGHT HANDLEBAR(5).** Insert the **LEFT HANDLEBAR(3)** into the **PIVOTING ARM(71)** on the left side and secure with **BUTTON HEAD BOLTS(M6x1x40mm)(62)** and **NYLOCK NUTS(M6x1)(33).** Repeat on the right side.

STEP 7

There is a **"L"** decal on the **LEFT PEDAL CAP(30),** and a **"R"** decal on the **RIGHT PEDAL CAP(31).** Attach the **LEFT PEDAL CAP(30)** to the **PEDAL ARM(9)** on the left side with **BUTTON HEAD BOLTS(M8x1.25x45mm)(63)** and **NYLOCK NUTS(M8x1.25)(72).** Repeat on the right side.

NOTE: The **LEFT** and **RIGHT PEDAL CAPS(30, 31)** have a raised lip on three sides. Attach the **LEFT** and **RIGHT PEDAL CAPS(30, 31)** to the **PEDAL ARMS(9)** so that the side without the raised lip is on the outside.



ASSEMBLY INSTRUCTIONS

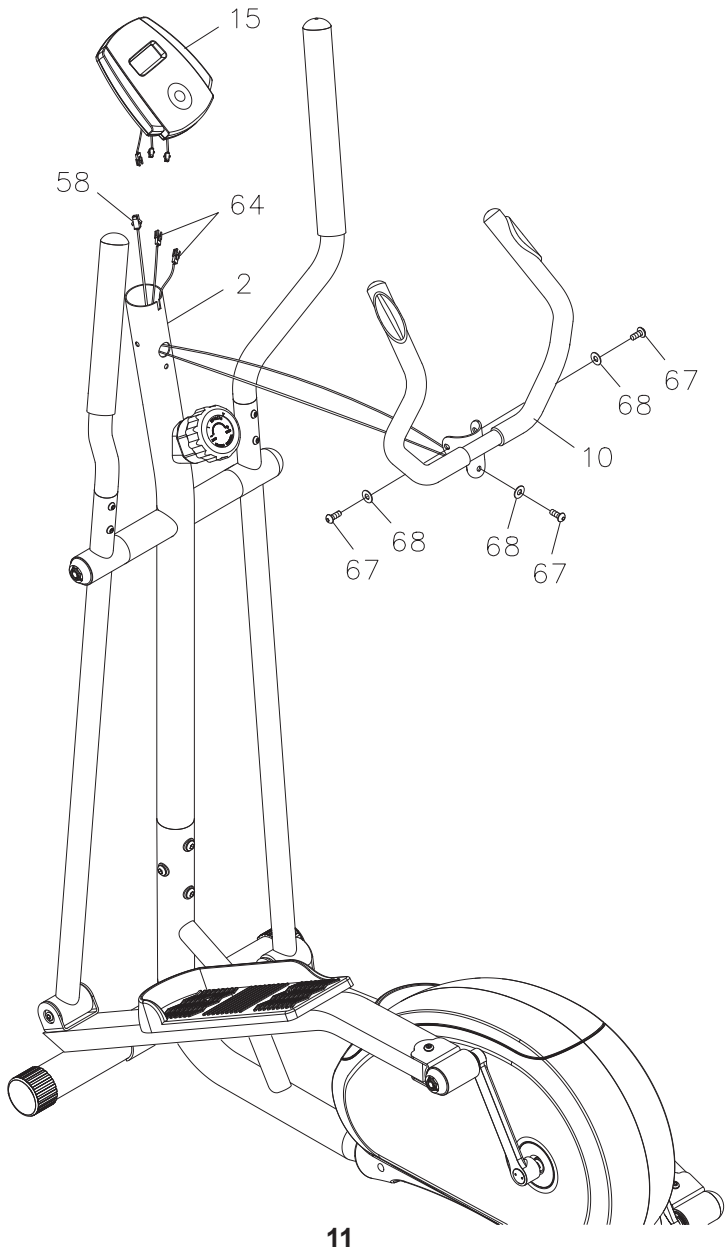
STEP 8

To assemble the **STATIONARY HANDLEBAR(10),** run the **PULSE SENSOR WIRES(64)** through the hole on the **UPRIGHT(2)** and through the opening on the top. Attach the **STATIONARY HANDLEBAR(10)** to the **UPRIGHT(2)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(67)** and **WASHERS(M8)(68).**

STEP 9

Install two AA batteries into the **METER(15),** the batteries are not included. See page 14 for detailed battery installation instructions. Plug the **EXTENSION WIRE(58)** and **PULSE SENSOR WIRES(64)** into the **METER(15),** and push the excess wires back into the **UPRIGHT(2).** Slide the **METER(15)** onto the top of the **UPRIGHT(2).**

NOTE: Be careful not to damage the wires when attaching the **METER(15)** to the **UPRIGHT(2).**

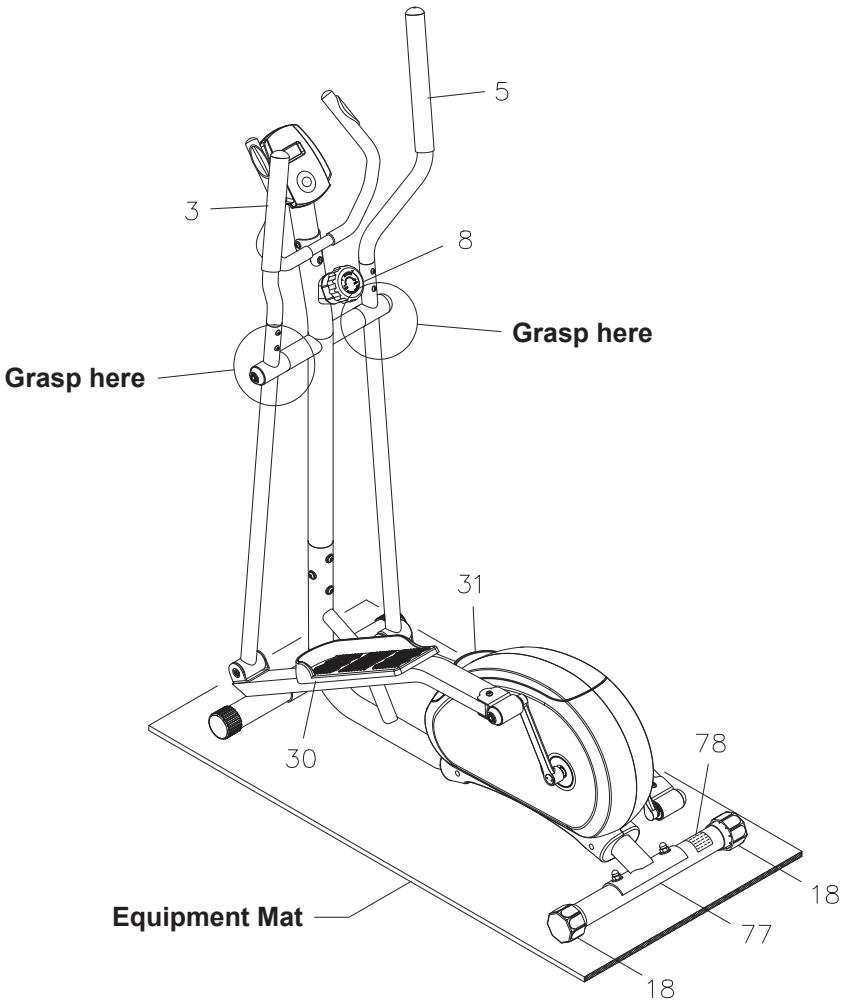


SET UP INSTRUCTIONS

Place the **AVARI® Magnetic Elliptical** in the area where it will be used. It is recommended that the **AVARI® Magnetic Elliptical** be placed on an equipment mat. The maximum operation dimensions of the **AVARI® Magnetic Elliptical** are approximately 46.9 inches long x 22 inches wide x 59.1 inches tall. (These dimensions may vary up to one inch.) Make sure that adequate space is available for access to move around and emergency dismount from the **AVARI® Magnetic Elliptical.** A minimum of 20 inches on at least one side and 20 inches either behind or in front of the **AVARI® Magnetic Elliptical** is required for safe operation.

LEVELING: Adjust the **LEVELING CAPS(18)** on the **REAR STABILIZER(77)** so the **AVARI® Magnetic Elliptical** sits on the floor without rocking. Remove and reposition the **LEVELING CAPS(18)** on the **REAR STABILIZER(77)** to level the **AVARI® Magnetic Elliptical.**

MOVING: The **AVARI® Magnetic Elliptical** must be lifted to be moved. Two people are required to grasp the Pivoting Shaft area and the **REAR STABILIZER(77),** lift and move.



FUNCTION INSPECTION:

Visually inspect the **AVARI® Magnetic Elliptical** to verify that assembly is as shown in the above illustration. Check the function of the **AVARI® Magnetic Elliptical,** stand on the **PEDAL CAPS(30, 31)** and place your hands at a comfortable position on the **HANDLEBARS(3, 5).** Slowly move the crank through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(8)** and verify that it functions properly and the resistance changes.

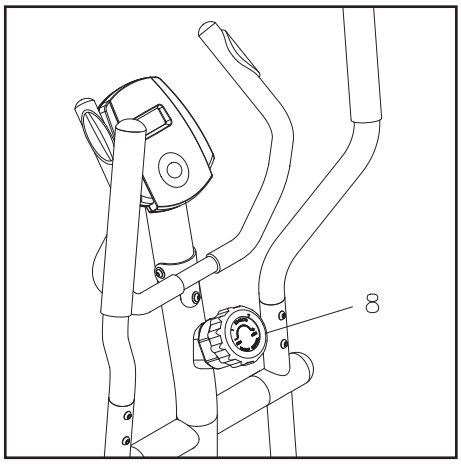
CAUTION: Locate and read the **WARNING LABEL(78)** on the **AVARI® Magnetic Elliptical.** Make sure that all users read the **WARNING LABEL(78)** before using the product.

OPERATIONAL INSTRUCTIONS

LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(8)** clockwise. To decrease the load, turn the **TENSION KNOB(8)** counterclockwise. There are eight levels for the load adjustment.

NOTE: The load will increase as you pedal faster.



EXERCISE WORKOUT

To start using the **AVARI® Magnetic Elliptical** simply stand on the foot pedals with the front of your shoes close to the front edge of the pedal cap. Place your hands at a comfortable position on the handlebars. Simply move your highest foot forward and follow the natural path of the machine.

Start on a load level that is comfortable to familiarize yourself with the machine. Once you are comfortable, start adjusting the load level to achieve the workout desired.

Forward and Reverse

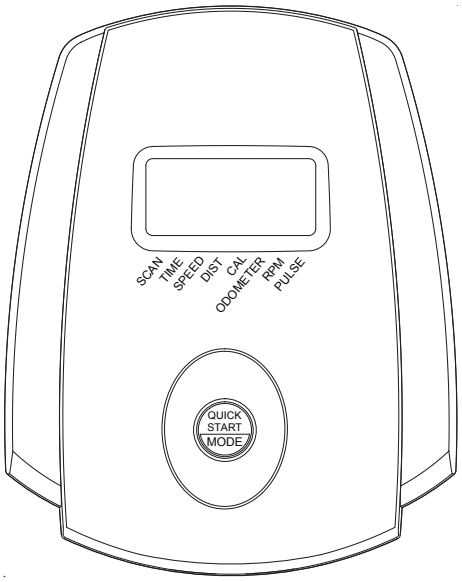
The **AVARI® Magnetic Elliptical** can be used in the forward and reverse direction to vary the muscles that you work out. This will also vary your workout, helping you to stay motivated. To change directions, simply slow the pedals down until they stop, and switch directions.

Load Level Adjustment

The load level of **AVARI® Magnetic Elliptical** can be changed at any time during your workout. Adjusting your load level will allow you to increase or decrease your intensity level.

OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER



POWER ON : Pedal movement or push the **MODE** button.

POWER OFF : Automatic shut off after four minutes of inactivity.

MODE BUTTON:

Press to select display functions, include **SCAN, TIME, SPEED, DISTANCE, CALORIES, ODOMETER, RPM,** and **PULSE.** Press and hold for three seconds to reset all functions to zero, except **ODOMETER**.

FUNCTIONS:

SCAN: Automatically scans each function of **TIME, SPEED, DISTANCE, CALORIES, ODOMETER, RPM,** and **PULSE** in sequence with change every six seconds. Press and release the **MODE** button until the arrow points to **"SCAN".**

TIME: Displays the time from one second up to 99:59 minutes.

SPEED: Displays the current speed from zero to 999.9 miles per hour.

DISTANCE: Displays the distance from zero to 999.9 miles.

CALORIES: Displays the calorie consumption from zero to 999.9 Kcal. The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

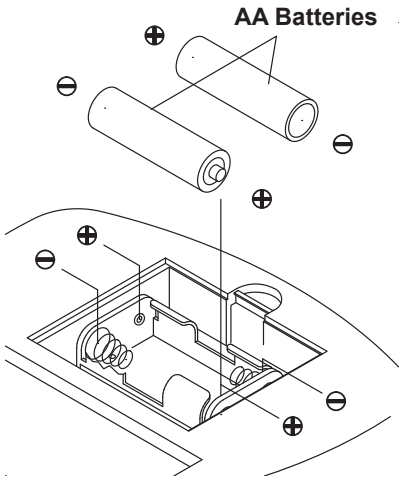
ODOMETER: Displays the total accumulated distance you have traveled from zero to 9999 miles. The total accumulated distance is retained when the meter is turned off.

RPM: Displays crank RPM (revolutions per minute) from zero to 9999 rpm.

PULSE: Displays your pulse rate in beats per minute. To display pulse, select the **PULSE** mode and grasp the pulse sensors on the handlebar, one in each hand. The heart symbol "❤" will begin flashing when the meter senses your pulse. Your pulse will be displayed approximately five (5) seconds after the heart symbol is displayed. If the heart symbol does not appear, relax your grip or change your grip on the pulse sensors.

NOTE: The meter will shut off automatically after four minutes of inactivity. All function values will be reset to zero, except **ODOMETER.** The **ODOMETER** will be reset to zero after batteries are removed for battery replacement or storage of the unit.

HOW TO INSTALL AND REPLACE BATTERIES:



1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries, the batteries are not included. Refer to the illustration to install or replace the batteries.

NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.

STORAGE

1. To store the **AVARI® Magnetic Elliptical,** simply keep it in a clean dry place.
2. The minimum rest dimensions of the **AVARI® Magnetic Elliptical** are approximately 39.8 inches long x 22 inches wide x 59.8 inches tall. These dimensions may vary. Please measure your **AVARI® Magnetic Elliptical** if exact dimensions are needed.
3. Lift the **AVARI® Magnetic Elliptical** from the Pivoting Shaft area and **REAR STABILIZER(2)** to move. Two people are required to move the **AVARI® Magnetic Elliptical.**
4. To avoid damage to the electronics, remove the batteries before storing the **AVARI® Magnetic Elliptical** for one year or more.

MAINTENANCE

The safety and integrity designed into the **AVARI® Magnetic Elliptical** can only be maintained when the **AVARI® Magnetic Elliptical** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(8)** and verify that it functions properly and the resistance changes.
2. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
3. Verify that the **WARNING LABEL(78)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **WARNING LABEL(78)** if it is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components shall be replaced immediately or the **AVARI® Magnetic Elliptical** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **AVARI® Magnetic Elliptical.**
7. Keep your **AVARI® Magnetic Elliptical** clean by wiping it off with an absorbent cloth after use.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

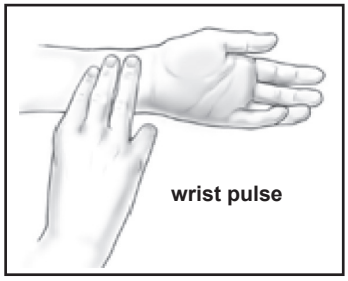
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

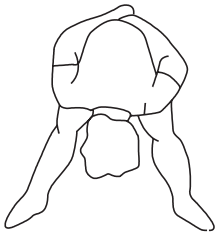
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate

WARM-UP and COOL-DOWN

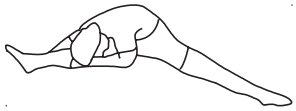
Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

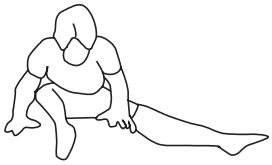
Suggested Stretching Exercises

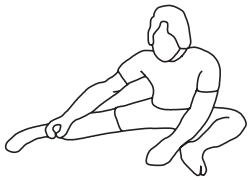


Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessens, gradually try a lower position.



Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.





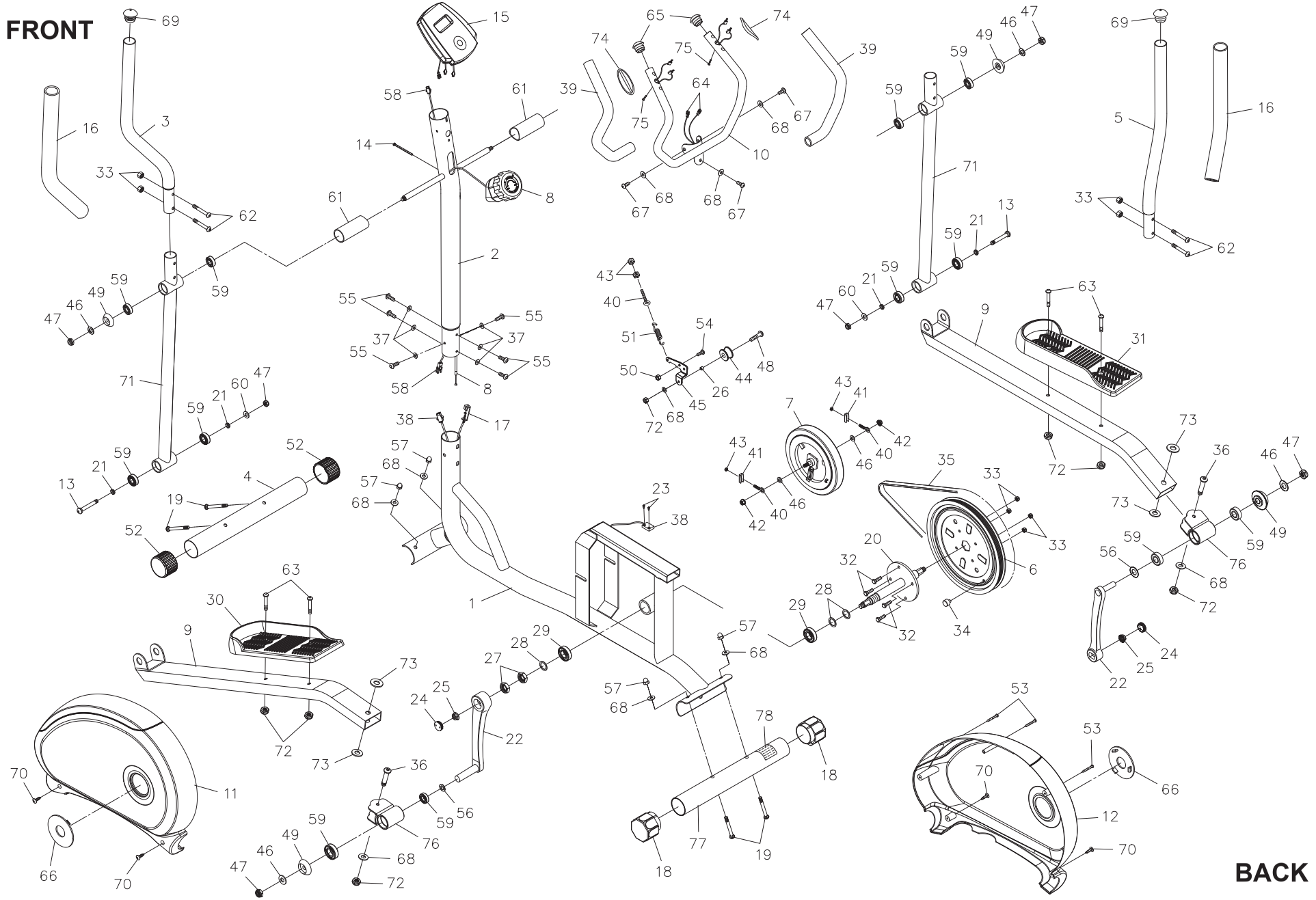
Bent Torso Pulls
While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

PRODUCT PARTS DRAWING



PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Upright	1
3	Left Handlebar	1
4	Front Stabilizer	1
5	Right Handlebar	1
6	Pulley	1
7	Magnetic Unit	1
8	Tension Knob	1
9	Pedal Arm	2
10	Stationary Handlebar	1
11	Left Cover	1
12	Right Cover	1
13	Shoulder Bolt (ø15.9 x 77mm, M10 x 1.5 threaded)	2
14	Screw, Round Head (M5 x 0.8 x 50mm)	1
15	Meter	1
16	Handlebar Foam Tube	2
17	Tension Cable	1
18	Leveling Cap	2
19	Carriage Bolt (M8 x 1.25 x 60mm)	4
20	Pully Axle with Plate	1
21	Spacer (ø16 x ø20 x 4mm)	4
22	Crank	2
23	Screw, Round Head (M3 x 8mm)	2
24	Crank Cap	2
25	Flange Nut (M10 x 1.25)	2
26	Spacer (ø8 x ø12.5 x 10.5mm)	1
27	Bearing Nut (M17 x 1)	2
28	Washer (ø17 x ø22 x 1mm thick)	3
29	Bearing (6003RZ)	2
30	Left Pedal Cap	1
31	Right Pedal Cap	1
32	Bolt, Hex Head (M6 x 1 x 16mm)	4
33	Nylock Nut (M6 x 1)	8
34	Magnet	1
35	V-Ribbed Belt	1
36	Bolt, Button Head (M8 x 1.25 x 45mm)	2
37	Arc Washer (M8)	6
38	Sensor Wire	1
39	Foam Tube	2
40	Eyebolt (M6 x 1 x 40mm)	3
41	Tension Bracket	2
42	Nut (3/8”-26)	2
43	Nut (M6 x 1)	4
44	Idler Wheel	1
45	Idler Arm	1
46	Washer (ø10 x ø19 x 2mm thick)	6
47	Nylock Nut (M10 x 1.5)	6
48	Bolt, Button Head (M8 x 1.25 x 30mm)	1

PARTS LIST

PART#	PART NAME	QTY
49	Securing Cap	4
50	Nylock Nut (M8 x 1.25)	1
51	Tension Spring	1
52	Endcap (ø50mm)	2
53	Screw, Round Head (M4 x 30mm)	3
54	Bolt, Button Head (M8 x 1.25 x 20mm)	1
55	Bolt, Button Head (M8 x 1.25 x 25mm)	6
56	Washer (ø16 x ø21.8 x 1mm)	2
57	Acorn Nut (M8 x 1.25)	4
58	Extension Wire	1
59	Bearing (6202z)	12
60	Washer (M10 x ø21 x 1.5mm thick, black color)	2
61	Spacer	2
62	Bolt, Button Head (M6 x 1 x 40mm)	4
63	Bolt, Button Head (M8 x 1.25 x 45mm)	4
64	Pulse Sensor Wire	2
65	Dome Plug (ø22.2mm)	2
66	Cover Cap	2
67	Bolt, Button Head (M8 x 1.25 x 15mm)	3
68	Washer (M8)	10
69	Dome Plug (ø38mm)	2
70	Screw, Round Head (M4 x 16mm)	4
71	Pivoting Arm	2
72	Thin Nylock Nut (M8 x 1.25 x 6mm thick)	7
73	Plastic Washer (M8)	4
74	Pulse Sensor	2
75	Screw, Flat Head (M4 x 16mm)	2
76	Pedal Arm Connector	2
77	Rear Stabilizer	1
78	Warning Label	1
79	Allen Wrench (6mm)	1
80	Allen Wrench (8mm)	1
81	Wrench	1
82	Combination Wrench	1
83	Manual	1

MODEL A550-090

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071,** or email us at **customerservice@staminaproducts.com,** or call us at **1-800-375-7520.** If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

NOTES

TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at customerservice@staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer service representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.

ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com

TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071 Springfield, MO. 65801-1071

Would you like to recieve email information or special offers from Stamina Products? Register at contact.staminaproducts.com

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to register.staminaproducts.com. Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

PRODUCT REGISTRATION FORM

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Model Number: ..... Serial Number: .....

Product Name: .....

Place Purchased: .....

Date of Purchase: ..... Purchase Price: .....

First Name: ..... Last Name: .....

City: ..... State: ..... Zip Code: .....

Email Address: ..... Phone #: ( ) .....

Would you like to receive email information or special offers from Stamina Products?* ____Yes ____No *If yes, be sure your email address is included above.

Detach and Mail or Fax the Form Above

TO ORDER PARTS

If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.

Detach and Mail or Fax the Form Below

PARTS ORDER FORM

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Mr./Ms: .....

Address: ..... Apt. #:.....

City: ..... State: ..... Zip Code: .....

IMPORTANT : We must have your phone number to process the order!

Phone #: ( ) ..... Work Phone #: ( ) .....

Date of Purchase: .....

Model #: .....

Purchased From: .....

IMPORTANT : Before filling out the form below make sure you have the correct information.
Refer to the parts list to make sure you're ordering the right parts!

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1